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Writing and Destroying If your negative thoughts are linked to a specific strong emotion like fear, anger or jealousy, try letting them all out in writing.

Use a pen and paper, and really express all of that pent-up negativity. You can then choose a way of destroying this paper, symbolizing your commitment to moving on.

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Reframe your negative thoughts. When negative thoughts pop up, don't automatically believe this pessimistic, critical, and unhelpful self-talk. Isolate the negative thought (such as "I bombed that test") and reframe it so that it is positive, supportive and encouraging ("It's too early to tell. I probably did better than I think.")

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1. Read it out There has been a trend for celebrities to read their negative social media tweets out loud, and when you... 2. Tell a joke or funny story Laughter always moves you to a better mindset. Smile, tell a joke, or remember a funny... 4. Breathe Calm your thoughts by taking three deep ...

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By reading this book, you will discover how to end the habit of negative thinking, by harnessing mindfulness and other positive thinking techniques. After reading Remove Negative Thinking, you will be able to: - Recognize and remove your negative thinking patterns throughout the day - Reframe how you see the world - Connect to your passion and purpose - Focus on abundance and live in the now - Move outside your comfort zone - Stay motivated and surround yourself with positive people

6 Tips to Change Negative Thinking - Verywell Mind

Based on science, below are 7 ways on how to remove negative thinking. 7 Tips On How To Remove Negative Thinking: 1. Visualization: Visualization is a technique of representing a situation, set of information, or object in the form of an image or a chart. Visualizing daily is key in helping an individual get rid of negative thoughts.

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Here are 5 excellent techniques to eliminate negative thinking. With practice, these techniques will eventually become second nature for you.

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Practice mindfulness, being present in the moment. Concentrate on what's happening around you to distract yourself from the negative thoughts. Cultivate a sense of awe and gratitude. Connecting to things that are bigger than you, than all of us, is a natural way to counter negative thoughts and anxiety (Flora, 2016).

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